



Cilantro and Coriander

DID YOU KNOW?

The herb cilantro and the spice coriander come from the same plant. Cilantro is the name used for the plant's leaves. Coriander is a spice made from the seeds. The seeds and leaves taste completely different.



cilantro



coriander

ORIGINS

Coriander is native to southern Europe and the Mediterranean. It is one of the oldest spices in recorded history, and was used as long as 7,000 years ago.



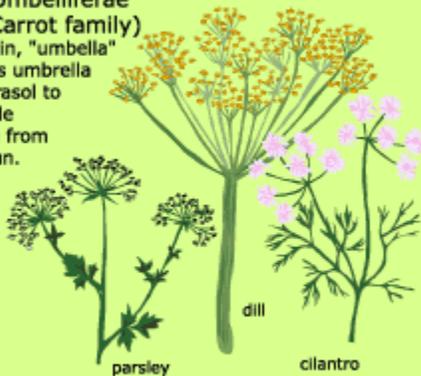
Coriander has been found in ancient Egyptian tombs.

CLASSIFYING CILANTRO

FAMILY

Umbelliferae
(Carrot family)

In Latin, "umbrella" means umbrella or parasol to provide shade from the sun.



dill

parsley

cilantro

All of the plants in this family have tiny flowers arranged on stalks that radiate from a central point, like the frame of a parasol or umbrella.

GENUS

Coriandrum

means "bed bug" in Greek.

Some say the fresh leaves smell like bed bugs.



SPECIES

sativum

means "that which is planted."



THE CILANTRO PLANT

The tiny white or pink flowers are arranged in flat-topped clusters.

The upper leaves are feathery.

The seeds are in ribbed pods.

The lower leaves are fan-like.



GROWING AND HARVESTING CILANTRO AND CORIANDER

Cilantro is easy to grow in almost any well-drained soil. Sow seeds after the last frost date. Begin harvesting when the plant is at least 15 cm high. If the stems are cut at about 2.5 cm above the ground, the plant will continue to grow.



I planted cilantro in the shade so it will stay cooler. That way, it won't produce flowers and seeds so quickly, but will keep producing leaves.

USES

Cilantro is used in Latin American and Southeast Asian salads, soups, and meat dishes. Coriander is used in European, Indian, and Middle Eastern dishes.



Coriander is one of the spices I use in curries.